



JOIN US FOR THE SHORT FITNESS CENTER

# STRENGTH SQUAD COMPETITION

SAT., SEPT 7, 2024 | 9AM

SHORT FITNESS CENTER  
Inside Free Weight Area



## DETAILS

- Weigh-in upon entry.
- Members will be evaluated on: total number of squats, dead lifts, & bench presses.
- Snacks & refreshments provided.
- Prize for 1st place for each weight category:
  - Prize for 1st place male from each weight category; 179 lbs & under, 180 lbs - 199 lbs, 200 lbs & up.
  - Prize for 1st place female from each weight category; members under 175 lbs & over 176 lbs.
- 5 prizes total given (*participants that meet 1000 lbs will receive a T-Shirt.*)
- All participants will be photographed for Lifting After-Action Collage Poster.
- Volunteer opportunity
- All participants should wear appropriate fitness/PT-casual attire.

**OPEN TO ALL DOD | FREE!**

For More Info Call:

**828-4496**

